

# **North Tyneside Joint Strategic Needs Assessment**

## **Adult social care – long term care**

August 2024



North  
Tyneside  
Council

## 1. Introduction

Adult social care covers a wide range of activities that help residents who are older or living with disability or physical or mental illness to live independently and stay well and safe.

People access care and support in different ways and at different stages of their life. Some people will require support throughout their life whilst for others care needs develop suddenly or gradually.

Social care includes support in people's own homes (home care or domiciliary care); support in day centres; reablement services to help people regain independence; and care provided by residential homes and nursing homes (care homes).

Social care is often broken down into two broad categories of 'short-term care' and 'long-term care'. Short-term care refers to care that is time limited, with the intention of maximising the independence of the individual and preventing their need for ongoing support.

Long-term services are provided on an ongoing basis and range from high-intensity services such as nursing care to lower-intensity community support. Long term services are the focus of this needs assessment.

Ensuring that people receive the right care and support all begins with where they live and the people they live with. For people of working age with a physical disability, a learning disability, autistic people, those with mental health conditions a suitable home enables them to build and sustain their independence and connect with their community. For older people, having a home that sustains safe, independent living can help prevent ill-health, reduce the amount of care and support they need, and delay or avoid altogether the need for residential care.

The following definitions of older people's housing and accommodation are used to describe the different types of housing and accommodation:

- Sheltered housing for social/affordable rent: They are usually supported by a part-time/visiting scheme manager and 24-hour emergency help.
- Extra care housing is designed for older people, some with higher levels of care and support needs. Residents live in self-contained homes with typically more communal facilities and offers access to onsite care services, which includes assistance for daily duties.
- Residential care home: a residential setting where several older people live and have access to care services. For those eligible onsite personal social care services could include help with washing and dressing.
- Nursing care home is similar to a residential care home, but additionally providing care from qualified nurses.

## 2. Key Issues

Demand for social care services will continue to grow as a result of better diagnosis, higher survival rates for premature babies and longer life expectancies.

The current prevalence rates for North Tyneside highlight:

- Higher provision of extra care housing compared to comparative local authority areas and national averages.
- Similar prevalence rates for retirement/sheltered housing compared with comparative local authority areas and national averages.
- Significantly lower provision of residential care compared to comparative local authority areas and national averages.
- Higher provision of nursing care compared to comparative local authority areas and national averages.

Nationally around half of the expenditure is on working-age adults, with the other half on people aged 65 years or over. For older people, the majority of spending (65%) is for those who need physical support, while for working-age adults, the majority (68%) is for those with learning disabilities.

The increasing needs should be considered in line with national challenges (outside the scope of this JSNA) of increasing cost of social care provision, and challenges to the size and availability of the social care workforce.

### **3. High Level Priorities**

Investment in adult social care may mitigate some of the most acute pressures facing our health service.

Consideration of prevention and early intervention programmes to help prevent the possible increases in demand.

Demand may exceed supply, and the level of unmet need may continue to grow with the subsequent impact upon residents quality of live and the local NHS.

Whilst this JSNA assessment is shown in relation to 'client cohorts', it is recognised that people's needs are often complex and that innovative approaches to housing and support that go beyond these 'cohort' definitions will be required and are indeed desirable.

### **4. Those at Risk**

Social care supports adults of all ages – including young people moving into adulthood and those of working age – with a diverse range of needs, including:

- older people
- autistic people
- people with a learning disability or physical disability
- people with mental health conditions
- people with sensory impairments
- people with dementia
- other people with long-term conditions

## In North Tyneside

- Older people (55+ years).
  - Over 55+ population 78,338
  - Over 65+ population 45,425
  - Over 75+ population 21,215
- Adults with a learning disability/on the autistic spectrum, including young people 'transitioning' to adult services.
  - There are an estimated 887 people aged 18+ years with learning disabilities and/or Autistic people, which are eligible for adult social care support.
- Adults with mental health needs.
  - There are currently (2024/25) an estimated 7,665 adults aged 18-64 with mental health needs.
- Adults with physical disabilities.
  - There is an estimated c.4,675 adults of working age with a physical disability and/or sensory disability that are eligible for and receiving a funded support package.

## 5. Level of Need

In 2022-23, North Tyneside had a gross expenditure of £54 million per 100,000 adults compared to an England rate of £52.9 million. This was a 11.3% increase on the previous year compared to 7.1% increase across England.

For 18-64-year-olds, there were 1,600 new requests for social care support per 100,000 adults compared with 1,785 in England and 2,455 in the North East. For 65+ there were 14,400 compared with 13,285 England and 13,820 in the North East

In 2022-23, there were 1170 clients accessing long term support age 18-64, and 2,900 age 65+.

The long term support needs of older adults (aged 65+) met by admission to residential and nursing care homes per 100,000 (2022-23) was 448.9 in North Tyneside across all ages against a regional average of 762.8 and England average of 560.8. North Tyneside is the 42 lowest council nationally.

The long term support needs of older adults (aged 18-64) met by admission to residential and nursing care homes per 100,000 (2022-23) was 5.6 in North Tyneside across all ages against a regional average of 15.6 and England average of 14.6. North Tyneside it's the 12<sup>th</sup> lowest council nationally.

**Clients accessing long term support by primary support reason %, 2022/23.**

<b>Primary support reason</b>	<b>% of North Tyneside total</b>	<b>% of England total</b>
Other: Age 18-64	22.1	24.6
Other: Age 65+	23.6	16.5
Physical support: age 18-64	6.7	10.4
Physical support: age 64+	47.3	48.5

A far greater proportion of spend in North Tyneside is with the over 65+ cohort.

**Clients accessing long term support, per 100,000 adults by aged band 2022-23.**

Location	Age	
	18-64	65+
North Tyneside	945	6,600
North East	985	6,600
England	855	5,185

North Tyneside is similar to the North East, both of which are higher than England.

**Current (2024) provision of retirement/sheltered housing and extra care housing (units)**

Local Authority	Retirement/sheltered housing				Extra care housing			
	Open market sale / shared ownership	Rent*	Total	Prev . Rate per 1000	Open market sale / shared ownership	Rent*	Total	Prev . Rate per 1000
North Tyneside	281	2,183	2,464	54	28	451	479	23
CIPFA Comparator average	430	2,709	2,969	49	78	301	337	14
England total	151,683	432,391	584,074	52	13,629	46,176	59,805	11

North Tyneside has similar levels of sheltered accommodation compared with comparative local authorities. It has more extra level housing per 100,000 than its comparators.

**Prevalence rates (i.e. the number of units/beds per 1,000 population aged 65+ and 75+) for specialist housing and care homes for older people, in North Tyneside, alongside the CIPFA average (2024).**

Area	North Tyneside	CIPFA average	England
Prevalence of Retirement/sheltered housing* (overall)	54	49	52
Prevalence of Extra care housing (overall)	23	14	11
Prevalence of Residential care	14	41	37
Prevalence of Nursing care	55	40	36

North Tyneside has a higher prevalence of sheltered housing, extra care and nursing care beds than England and its CIPFA comparators average. It has a far lower prevalence of residential care.

It has a lower rate of residential care beds but a higher prevalence of nursing care beds available.

**Housing/supported accommodation status of 18-64 population with learning disabilities/autistic people in North Tyneside 2022-23**

Type of accommodation/housing provision	Number of people accommodated
For the population of adults with learning disabilities/autistic people, the accommodation/housing provision and types:	887 adults with learning disabilities/autistic people
Residential/nursing care	70
Shared Lives (adult placement)	24
Supported housing	332
Living with family / friends / informal carers	322
Mainstream housing	140



**Housing/accommodation status of adult 18-64 years population with mental health needs in North Tyneside 2022/23**

<b>Accommodation/housing provision</b>	<b>Number of people accommodated</b>	<b>Percentage of people accommodated</b>
For the population of people with mental health needs, the supported accommodation/housing provision and types:	7,665 adults with mental health needs (MHSDS)	
Mainstream housing	5,188	67%
Supported housing	39	1%
Residential/nursing care	38	1%

**Number of people requiring physical and sensory support in North Tyneside eligible for and receiving local authority funded support in 2023/24.**

Disability	18-64		65+	
	Number of people	% of total	Number of people	% of total
Physical Support: Access and mobility only	163	94%	586	95%
Sensory Support: Support for visual and dual (hearing and visual) impairment	11	6%	28	5%
Total	174	100%	614	100%
Total (18+)	2,105			

The majority of eligible residents and spend is across with physical support with a comparatively small number requiring sensory support.

## **6. Unmet Needs**

Nationally, it is important to note that in 2022/23, 2% fewer people were receiving support than in 2015/16, despite 11% more people requesting it. This

is likely to reflect both an increasing older population and increasing disability among working-age adults.

## 7. Projected Need and Demand

For older people (55+ years)

- Over 55+ population
  - 2029 – 80,534
  - 2034 – 83,672
- Over 65+ population
  - 2029 – 50,432
  - 2034 – 54,709
- Over 75+ population
  - 2029 – 23,697
  - 2034 – 26,491

The 65+ population forecasted to increase 19% by 2030 and 27% by 2040, which has led to a similar increase in the number having health needs.

- 11,276 have a limiting long term illness impacting a lot on day-to-day activities, forecasted to increase to 13,936 in 2030 and 16,239 in 2040.
- 7,696 are unable to manage to at least one activity on their own, forecasted to increase by 9,430 in 2030 and 11,356 in 2040.
- 12,013 needs help with self-care, will increase to 14,884 in 2030 and 17,563 in 2040.

Whilst many older people are remaining independent for longer with earlier identification of disease or the disease is well managed, the increase rate of long term conditions in the over 90s means that the rate of social care is higher. There is an increased rise in those living with multiple long term conditions.

## Accommodation projections

- Retirement/sheltered housing: estimated additional need to 2034 is around 2,000 homes:
  - Around 900 homes for social/affordable rent (including potentially shared ownership).
  - Around 1,100 for open market sale.

Extra care housing with estimated additional need to 2034 is around 570 homes.

- Around 255 homes for social/affordable rent (including potentially shared ownership). Adults with a learning disability/on the autistic spectrum, including young people 'transitioning' to adult services. The 18+ population of people with learning disabilities/Autistic people is projected to increase (from an estimated 827 people) to 926 people by 2029 and 964 people by 2034.

Adults with mental health needs.

- An additional around 35 units of supported housing and 20 units of Shared Lives accommodation are needed by 2029; an additional circa 70 units of supported housing and circa 45 units of Shared Lives accommodation are needed by 2034.

Adults with physical disabilities.

By 2034, it is estimated that the need for accessible housing will be:

- Neatly 8,165 accessible and adaptable homes (i.e. not fully wheelchair adapted dwellings), similar to Part M(4) Category 2, broadly equivalent to the Lifetime Homes standard.
- This is the equivalent of a need for roughly 816 accessible and adaptable homes required per year to 2034 for the all-age population.
- Among the working-age population, this is the equivalent of a need for about 327 accessible and adaptable homes required per year to 2034.

## **8. Community Assets and Services**

Living well North Tyneside is a collaborative approach from a range of stakeholders across the borough which aims to provide tailored resources for our elderly community.

- Home Care Services: Discover in-home care for daily assistance, promoting independence.
- Residential Care Facilities: Find safe living environments for seniors needing additional support.
- Day Care Programs: Explore engaging daytime activities for community and wellbeing.

## **9. Evidence for Interventions**

- Older people with social care needs and multiple long-term conditions, NICE guideline [NG22]
- Transition between inpatient hospital settings and community or care home settings for adults with social care needs. (NG27)
- Transition between inpatient mental health settings and community or care home settings (NH53)

- Mental wellbeing of older people in care homes. Quality standard [QS50]

## 10. Views

### **Service users' feelings about how the way they are helped and treated makes them think and feel about themselves 2022-23 (%) NHS England**

<b>Region</b>	<b>It completely undermines the way I think and feel about myself</b>	<b>It does not affect the way I think or feel about myself</b>	<b>It makes me think and feel better about myself</b>	<b>It sometimes undermines the way I think and feel about myself</b>
North Tyneside	1.8	33.2	54.1	10.9
North East	1.0	27.0	62.5	9.1
England	1.5	28.3	61.6	9.0

NHS England report that in 2023, the social care related quality of life score is 18.7. The North East average is higher at 19.4.

Housing LIN (2024): Housing preferences for older people: A representative survey of 5,600+ older people across the UK highlighted that:

- Older people are a diverse group with different views, experiences, and opportunities that influence where they might wish to live in later life. The range of housing types available needs to reflect this diversity.

- A large proportion of older people have lived in their current home for a long time and as such many feel a sense of strong attachment to their home. Almost half of respondents have lived in their current home for more than 20 years.
- The qualitative evidence indicates that a large majority of older people are living in properties that will not be suitable should they develop care/support needs, and some older people are living in homes that aren't currently unsuitable for their needs.
- Most older people would prefer to remain living in their existing homes in later life than move. The Ipsos survey indicated that nearly half (47%) of all UK adults aged 50 or more would prefer to remain in their current home when planning for their future housing needs.

## **11. Additional Needs Assessments Required**

- Dementia
- Autism
- Learning disability